

How To Lose Weight Fast

Fast Ways to Lose Weight



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Exercises To Lose Weight Quickly – Top 3 Picks For Weight Loss

14
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These are **exercises to lose weight quickly** and will help keep the weight off if done on a semi-regular basis. You can perform these exercises at a gym or at home, there's not much equipment needed really and it's quite affordable. Keep in mind that losing weight is not so hard, but losing weight fast can be challenging, I recommend taking it slow if your body isn't ready for certain exercises.

The first exercise is running/jogging/cycling, one of my favorite exercises because it speeds up your heart rate and really pumps you up. A lot of people say they can't run because of certain injuries or they just don't want to run, but really you can still benefit from even just light jogging, the point is to get your blood pumping. I have an injured knee so I can't run as much, but I still love running. If you can't run then use a bicycle or stationary bicycle, it helps build leg muscle and is an excellent cardio exercise that really helps to lose weight quickly.

Resistance exercises are also quick ways to lose weight if done properly. Most people who use free weights and other resistance for working out sometimes don't do it properly. They think that working out every muscle group everyday will yield faster weight loss and more muscle growth, but unfortunately this isn't the case. Our bodies need off times to recover our muscle tissue, with that said, you must only exercise any given muscle group 1-2 times per week, which is perfectly fine since there are various other muscles groups you can develop while you let other muscle groups recover. It is absolutely paramount to let your muscles "heal," they actually grow while they are resting.

Another one of the best exercises to lose weight quickly is something called [plyometrics](#). It consists of small exercises that are performed back to back very quickly, almost like a dance routine. These exercises are usually done in 30 minutes and can really [shed away unwanted weight quickly](#). Some of the exercises are jumping, push ups, crunches, jumping jacks, punching/kicking, stretching, and a variation of these in certain routines. Please note that this particular type of exercise may be too much for beginners as they usually burn their bodies out, but if you can handle it then this is a very rewarding exercise.

When taking on a new exercise plan, it's always best to supplement your "new body" journey with a healthy eating plan, no, not a diet. To be more specific, it's not enough to just get on a diet and slap on a few exercises to your daily lifestyle, the goal is to slowly change your eating behaviors for the better, a great way to get you started is to learn which [foods that burn belly fat](#), and try to eat more of those. However, don't just go from eating the food you normally eat to just healthy food as you will have craving outbursts and will probably binge on greasy foods, do it slowly.

Using these exercises to lose weight quickly and sustaining a healthy eating lifestyle, it becomes so much easier to transform your body into the way you want it to look. Stay determined and you will start turning heads in no time, and let me tell you, it feels awesome to turn heads, you will love it.

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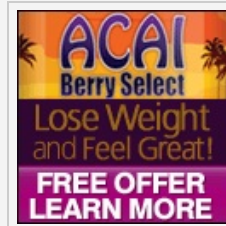
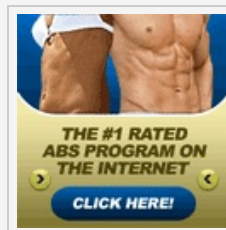
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23
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Posted by [Main Editor](#) on Monday, March 23rd 2009

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The **best exercise for love handles** isn't side bends, like most people would probably think since they build the most resistance for your sides. Actually to make almost any exercise more effective, you just add resistance, that way you force your body to do more work at the same time. You should also supplement your effort by incorporating [calorie shifting](#) for total body weight loss.

So how do you go about adding resistance? Simple, take crunches for example (which are better than regular situps), you can do regular crunches and experience regular resistance, but if you add a 5 pound weight to your hands and rest that weight on your chest as you do the crunches, you will notice a lot more muscle contraction in your core area.

So what is the best exercise for love handles after adding resistance? That's really up to you, pick a workout you enjoy doing and just add resistance, I like the russian v-twist. Take a 5-8 pound medicine ball, sit on your bottom with knees bent to make a v, and move the medicine ball from side to side in a consistent motion, this makes your love handles burn and stimulates weight loss. This is one of the ways [how to get six pack abs](#).

I like to do about 30 repetitions of that exercise and about 4 sets, you don't want to overdo it if you don't workout your core that much, you can start wherever you are comfortable. Another great exercise to get rid of those love handles and build a leaner body is one where you need a partner. Lay on your back with your head between your partners' feet and have him/her swing your legs down, preferably diagonally so that you can workout your sides to help burn off those love handles.

These are great because there is no stress put on your back since you are laying down. Some say this is the best exercise for love handles because it requires a second person and is the least painful with impressive results. If you are having trouble with losing weight I recommend you take a look at Mike Geary's [How To Get Six Pack Abs](#) eBook [Professional Certified Personal Trainer].

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